

研究業績 英文表記

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表題	中年女性のロコモティブシンドロームと身体組成および運動機能の特徴
著者名	久保温子・田中真一・大川裕行・村田伸
所属	西九州大学リハビリテーション学部
英文	
Title	Locomotive syndrome among middle-aged females, the characteristics of their body composition and their physical ability
Author	Atsuko Kubo, Shinichi Tanaka, Hiroyuki Ookawa, Shin Murata
Affiliation	Faculty of Rehabilitation Science, Nishikyushu University
Abstract	<p>Abstract: [Objective] The present study involved community-dwellings females aged between 45 and 64 years old, and examined the physical ability and characteristics of people with locomotive syndrome. [Subjects] The subjects were 24 females aged between 45 and 64 years old living an independent life.[Methods] A locomotion-level test, physical ability examination (including five question items), and a test to assess the body composition (bone density, body mass index (BMI), skeletal muscle mass Index (SMI)). The subjects were classified into locomotive and non-locomotive syndrome groups, and the results were compared between the two groups. [Results] Nine of the 24 females exhibited locomotive syndrome. There were no significant differences in all question items related with physical ability. Regarding the body composition, there were significant differences in the skeletal muscle mass and SMI between the two groups. [Discussion] Although there was little decrease in the motor ability of the subjects, signs of the loss of muscle mass were identified. It is important to raise awareness of locomotive syndrome among middle-aged or older people, and provide potential patients with appropriate exercise guidance.</p>
keyword	Locomotive syndrome,middle-aged females,body composition

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